

Name:

Date:



### ***An un-displaced, stable fracture of the wrist***

A crack or break in a bone is called a fracture.

You have a minor fracture of your wrist.

We can safely treat this type of injury with a removable wrist splint.

Using a splint will allow you to continue with light day to day tasks, making your recovery easier for you.

After 4 weeks of wearing the splint you can start to take it off while resting and for light tasks. Increase amount of time you spend without the splint over the following 2 weeks.

You should not need the splint by 6 weeks after the injury.

### **General advice on treatment**

In the first few days applying ice for about 15 minutes, 3 to 4 times a day can help the pain and swelling. Wrap the ice in a damp towel before putting it on your skin.

Your wrist may swell after the injury. Keeping your wrist elevated above the level of your heart will reduce the swelling.

Rings should not be worn on the fingers of the injured wrist until you have recovered.

Take painkillers to control the pain – follow the manufacturers' directions, take regular doses. Talk to your Pharmacist or see your GP if you need stronger painkillers.

Wrist splints can be removed to carefully wash your hand, shower or to have a bath.

Adjust the splint using the Velcro straps if it is too loose or too tight.

If it is too tight the fingers may become, numb, cold, swollen, pale or blue. In this case loosen it straight away.

If it is too loose the wrist will not be supported and will become uncomfortable

While wearing the splint light day to day activities such as using cutlery, writing and using a keyboard are recommended to keep your fingers from becoming stiff and help recovery.

It is important to keep using your injured arm gently, this will help avoid joint stiffness developing in your elbow and shoulder.

Driving with an injury can be unsafe. Do not drive until you can safely control the vehicle. It is your responsibility to ensure you are safe to drive.

### **A simple exercise to improve wrist joint mobility after 4 weeks:**

1. Remove the splint
2. Support your forearm either on a table edge or with your good hand
3. Bend your wrist down. Repeat 5 times



4. Bend your wrist back. Repeat 5 times



Repeat the exercises every couple of hours during the day. Don't force the movement if it is too painful, some discomfort is to be expected.

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### You can also expect...

some discomfort up to 3 months after the injury. You may see and feel a lump or “bone callous” form at the site of the healing, this is normal and won’t affect your wrist function however, it will be permanent .

### Get advice...

If your symptoms get worse or if you have any problems or concerns about your treatment please contact us or your GP.

### Smoking cessation

Smoking has been shown to increase fracture healing time. In some cases it can stop healing altogether. Stopping smoking while your fracture heals will help you make a good recovery. Stopping smoking for good will be even better for you.

Further information can be found at :



[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

Further healthcare information can be found at:

[www.patient.co.uk](http://www.patient.co.uk)  
[www.nhs.uk](http://www.nhs.uk)

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For real time updates on East Kent MIU and A&E current waiting times please download the WaitLess app.



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**Estuary View Medical Centre**  
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**Open 8am to 8pm every day**



# Minor wrist fracture in adults

## Information for patients

[www.whitstablemedicalpractice.co.uk](http://www.whitstablemedicalpractice.co.uk)  
>Local services >Virtual fracture clinic

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